

# metro

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Tuesday, October 13, 2015 Metro.us | t: MetroBOS | f: MetroBoston



## IS TAYLOR SWIFT SINGLE AGAIN?

The truth behind the Calvin Harris breakup rumors. 8

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Taissa Farmiga doesn't watch horror. 10

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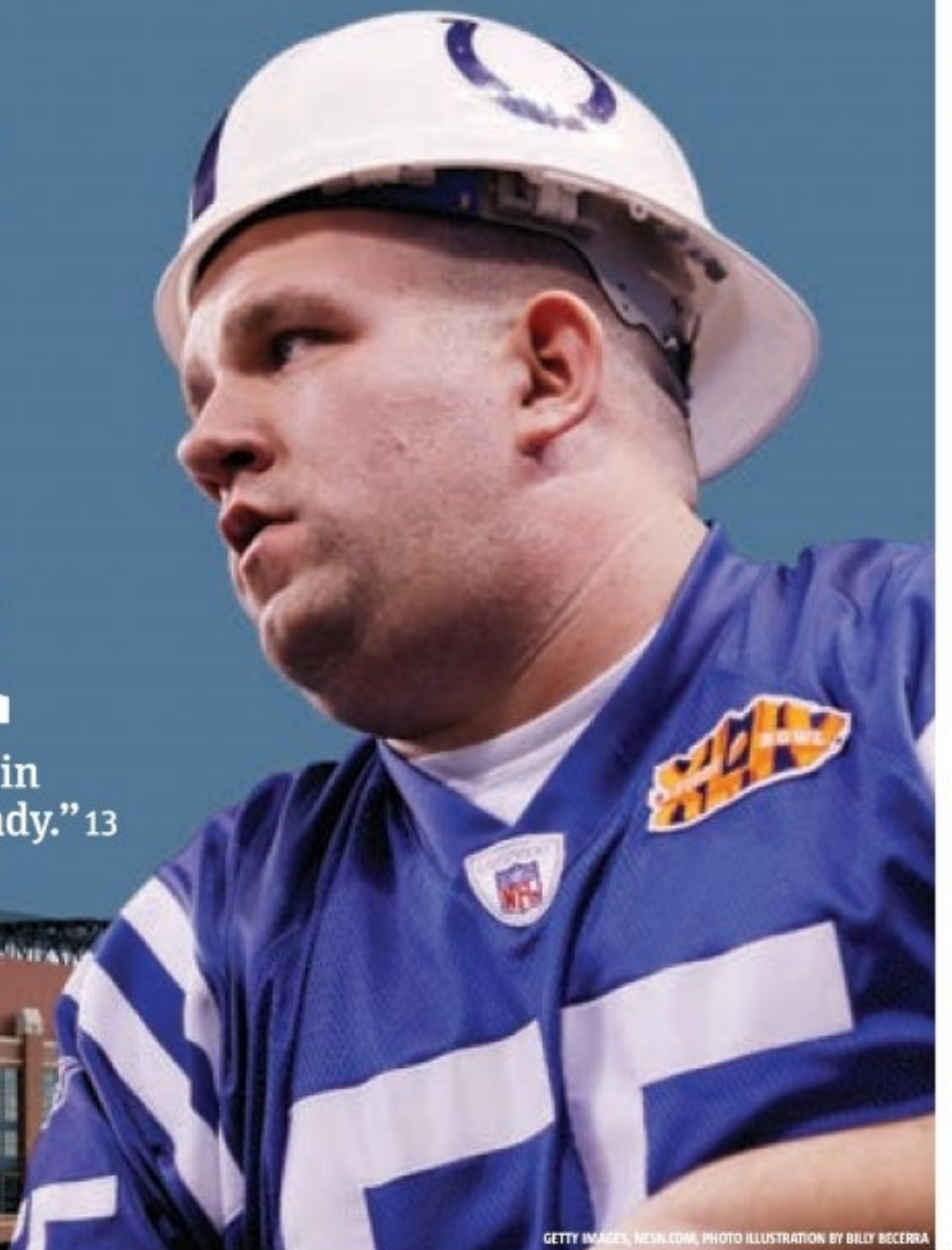
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# MORE HOT AIR

Colts fans want to fly a blimp over the stadium in  
Indy this Sunday that reads, "#DeflateThisBrady." 13



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## RECORD TECH DEAL

**1** Computer-maker Dell struck a deal on to buy data storage company EMC Corp for \$67 billion, setting a record in the technology industry, as it tries to transform itself into a giant in the fast-growing market for managing and storing corporate data. The acquisition highlights the frenzy of dealmaking sweeping the economy. **REUTERS**



## ARMY BUDGET CONCERNS

**2** Army Secretary John McHugh said that the Army was being stretched too thin and was on the "ragged edge" given a declining budget and personnel cuts. "We are in an extraordinarily rare position in American history where our budgets are coming down but our missions are going up," McHugh said while speaking with reporters at the annual conference of the Association of the United States Army in Washington. McHugh said the Army budget had fallen from a peak of \$144 billion to a current level of \$120 billion. **REUTERS**

## FACEBOOK E-COMMERCE

**3** Facebook wants its users to shop for clothes and other products from their mobile phones without ever leaving its app. In an effort to move further into e-commerce and compete with Amazon retail offerings, Facebook announced Monday it is testing several ad features that allow users to shop directly through its app. **REUTERS**



## PUMPKIN CONTEST

**7** John Hawkley waits near his pumpkin Monday during the 42nd annual Safeway World Championship Pumpkin Weigh-Off Contest in the World Pumpkin Capital of Half Moon Bay, California. **GETTY IMAGES**



ALL PHOTOS GETTY IMAGES

## SC FLOOD RECOVERY

**4** A stretch of a major East Coast highway closed for more than a week by historic rains in South Carolina began reopening on Monday, as many schools resumed classes and state crews picked up debris in several hard-hit areas. Traffic flowed again on the southbound lanes of a 13-mile section of Interstate 95. **REUTERS**



## SYMPHONY RAISES \$100M

**5** Symphony Communication Services, a messaging startup backed by Wall Street banks, said it had raised more than \$100 million in a new round of funding from investors including Google, UBS Group AG and European venture capital firm Lakestar. Symphony's chat service allows financial firms, corporate customers and individuals to put all of their digital communications on one centralized platform. The Wall Street Journal, citing sources, reported last week that the new round of funding would value Symphony at about \$650 million. **REUTERS**

## NOBEL PRIZE FOR DEATON

**6** British-born economist Angus Deaton has won the 2015 economics Nobel Prize for his work on consumption, poverty and welfare that has helped governments to improve policy through tools such as household surveys and tax changes. His work had been a major influence on policy making. **REUTERS**





# Walsh aims to help bridge wage gap

Mayor hopes to help women who earn less money doing the same tasks as men.



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Mayor Marty Walsh's Office of Women's Advancement is working alongside American Association of University Women (AAUW) to close the pay gap for women in Boston.

Walsh's office is hosting salary-negotiation workshops to help women level the playing field. On average, full-time working women earn 78 percent of what their male counterparts earn.

According to the information from Walsh, the gender pay gap starts just one year out of college and worsens as time goes on for women.

## Workshops

Workshops will be held throughout the remainder of October into November:

- Today, 5:30-7:30 p.m., BCYF Hyde Park Community Center.
- Thursday, Oct. 15, 5:30-7:30 p.m., BCYF Roslindale Community Center.
- Tuesday, Oct. 20, 5:30-7:30 p.m., BCYF Holland Community Center.
- Wednesday, Oct. 21, 5:30-7:30 p.m., BCYF Tynan Community Center.
- Tuesday, Oct. 27, 5:30-

7:30 p.m., BCYF Curtis Hall Community Center.

- Wednesday, Oct. 28, 6-8 p.m., Bruce C. Bolling Municipal Building.
- Monday, Nov. 2, 5:30-7:30 p.m., Spaulding Rehabilitation Network in Charlestown.
- Thursday, Nov. 12, 5:30-7:30 p.m., East Boston Public Library.
- Tuesday, Nov. 17, 5:30-7:30 p.m., BCYF Tobin Community Center.
- Thursday, Nov. 19, 5:30-7:30 p.m., Mat-tapan Public Library.

The Work Smart salary negotiation workshop is a grassroots movement aimed at training and educating 85,000 women, or half of the working women in the city, in the next five years.

These courses are designed to equip women

with the skills and confidence to negotiate their salary and benefits by teaching them the strategies and language, such as salary offerings, pitches and understanding how to quantify the market value of their education and their experience.

## Winner sets course record at 10K race



Thousands of runners participated in the Tufts Health Care 10K for Women road race through Boston and Cambridge on Monday. American Molly Huddle won the race and set a new course record of 31:21. Huddle has won the race for four straight years. NICOLAUS CZARNECKI/METRO

## BRIEFS

### DA: Hamilton man shot and killed after he rammed Beverly cruisers

The man fatally shot by the Beverly police on Saturday has been identified by the district attorney's office.

Christopher Whitmarsh, 49, was shot and killed by police officers who said he was using his SUV to smash into police cruisers after they responded to a report of a suicidal man on Balch Street

behind the Cummings Center business complex at about 3:10 p.m. on Saturday.

When they arrived, police said, they saw Whitmarsh ramming his GMC Envoy into a Toyota Highlander. The man threw the Envoy in reverse, hit one of the cruisers, drove forward, then reversed into another cruiser.

At that point, an officer jumped out of a cruiser, drew his

weapon and ordered the driver to stop, according to the office of Essex County DA Jonathan Blodgett. When Whitmarsh moved again, the officer squeezed off one round through the suspect's driver-side window, striking him in the shoulder.

Blodgett's office said that the shooting is under investigation and a "full report" will be made public once the investigation is finished. NATE HOMAN

# Burning Legs?

Varicose veins are more than a cosmetic problem. They can be associated with **Deep Vein Thrombosis (DVT)** and **Pulmonary Embolism (PE)**, both of which claim up to **300,000** lives a year in the United States.

## Do you suffer from these symptoms?

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| <input checked="" type="checkbox"/> Leg Pain and Cramps | <input checked="" type="checkbox"/> Heaviness and Swelling            |

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# Body in Charles near BU Sailing Club

State police are investigating.



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Massachusetts State Police removed a body from the Charles River on Monday afternoon.

Troopers recovered the body on the Boston side of the river after responding to a call at about 1 p.m., police said. The unidentified person was found near the Boston University Sailing Club.



Police investigate the scene along Storrow Drive in Boston on Monday where a body was found in the Charles River. NICOLAUS CZARNECKI

## BRIEFS

### NH couple win North American Wife Carrying Competition

Sam Brakeley and Steph Reighart defeated 30 other couples on Saturday to win the 16th annual North American Wife Carrying

Championship.

It was the first competition for the couple from Lebanon, New Hampshire who finished the grassy obstacle course in a time of 1:05.30. The prize for their victory

was Reighart's weight in beer and five times her weight in cash.

They also qualified to compete in the World Championship in Sonkajarvi, Finland in July.

REUTERS

# DON'T QUIT YOUR DAY JOB (YET)

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# House's Flores will seek speakership if Paul Ryan doesn't

Two others are already in it: Daniel Webster and Jason Chaffetz.

Another Republican stepped forward Monday to contend for the top job in the House of Representatives, laying claim to a post that others have so far found too hot to handle.

Texas Rep. Bill Flores will run for speaker of the House if his Wisconsin colleague, Rep. Paul Ryan, does not run for it, a spokesman for Flores said Monday.

"Congressman Flores is planning to run for speaker," Andre Castro said.

"However, if Congressman Paul Ryan runs, (Flores) will step



Bill Flores GETTY IMAGES

aside and support him."

House Republicans have been in chaos since Speaker John Boehner's stunning Sept. 25 announcement that he would step down at the end of October.

His top lieutenant, Kevin McCarthy, was expected to seek the job, but suddenly backed out last week.

A third-term congressman who chairs the largest caucus of conservatives in Congress, Flores last week said House Republicans must find a leader who can unite the party's quarrelling moderates and right-wingers.

The 61-year-old Flores is a long-time energy industry executive. He was elected to Congress in 2010.

Last year Flores became chairman of the Republican Study Committee, a group of more than 170 conservatives, including two-thirds of House Republicans.

To become RSC chairman, Flores defeated two Tea Party favorites, Reps. Louie Gohmert and Mick Mulvaney.

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55-59	111.00	92.25	45.00	37.50	23.00	19.25	14.20	11.95
60-64	136.00	103.50	55.00	42.00	28.00	21.50	17.20	13.30
65-69	163.50	126.00	66.00	51.00	33.50	26.00	20.50	16.00
70-74	221.00	171.00	89.00	69.00	45.00	35.00	27.40	21.40
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# US forces air drop ammunition to Syrian Arab rebels

Last week, Washington shelved a program to train and equip "moderate" rebels opposed to Assad who would join the fight against Islamic State.



US airmen prepare to drop supplies. GETTY IMAGES

U.S. forces have carried out an air drop of small arms ammunition to Syrian Arab rebels in northern Syria, barely two weeks after Russia raised the stakes by intervening in the war on the side of President Bashar al-Assad.

A U.S. military official, speaking on condition of anonymity, said Monday the air drop of

supplies to the opposition fighters was part of a revamped U.S. strategy announced last week to help rebels in Syria battling Islamic State militants.

The only group on the ground to have success against the Islamic State while cooperating with the U.S.-led coalition is a Kurdish militia, the YPG, which has carved out an autonomous zone

in northern Syria and advanced deep into ISIS stronghold Raqqa province.

On Monday, the YPG announced an alliance with small groups of Arab fighters, which could help deflect criticism that it fights only on behalf of Kurds. Washington has indicated it could direct funding and weapons to Arab commanders on the ground who cooperate with the YPG.

Syrian Arab rebels said they had been told by Washington that new weapons were on their way to help them launch a joint offensive with their Kurdish allies on the city of Raqqa, the de facto Islamic State capital. REUTERS

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Dentist and trophy hunter Dr. Walter Palmer GETTY IMAGES

## Dentist not charged for killing lion

Zimbabwe's environment minister said Walter Palmer's hunting papers were in order, and therefore he could not be charged.

Zimbabwe will not charge American dentist Walter Palmer for killing its most prized lion in July because he had obtained legal authority to conduct the hunt, a cabinet minister said Monday, angering conservationists.

Palmer, a big-game hunter from Minnesota, touched off a global controversy when he killed Cecil, a rare black-maned lion, with a bow and arrow outside Hwange National Park in Western Zimbabwe.

"We approached the police and then the prosecutor general, and it turned out that Palmer came to Zimbabwe because all the papers were in order," Environment Minister Oppah Muchinguri-Kashiri told reporters.

Muchinguri-Kashiri said Palmer would be free to visit Zimbabwe as a tourist in the future but not as a hunter. The implication was that Palmer would not be issued

hunters' permits.

The environment minister's comments immediately drew the ire of the animal conservation group Zimbabwe Conservation Task Force, which maintained that Palmer had committed a crime and said it planned to pursue legal action against him in the United States.

The 55-year-old dentist had closed his practice in late July after he was publicly identified as the hunter who killed Cecil, drawing widespread criticism on social media and a large demonstration by animal rights advocates at his office in Bloomington, Minn., a Minneapolis suburb.

The practice reopened in mid-August without him. Palmer returned to work in early September to a handful of protesters and some public support from patients.

"The fact is the law was broken," said Johnny Rodrigues, the head of the Zimbabwe task force, which first reported news of Cecil's killing. "We are going to get our advocates in America to actually see what they can do to bring justice to him."

The U.S. Fish and Wildlife Service has said it was investigating the killing of the lion. REUTERS

### BRIEFS

#### Pittsburgh officer's body slam of Cubs fan prompts investigation

The mayor of Pittsburgh has ordered an internal investigation after video of a police officer body-slaming a goat-costume-wearing Chicago Cubs fan at an Oct. 7 postseason baseball game against the Pirates at PNC Park circulated widely online.

A spokesman for Mayor Bill Peduto said the mayor saw the video Sunday night and

immediately asked the city's office of municipal investigations, which conducts reviews of employee behavior, to look into the incident.

The video shows a police officer ordering a Cubs fan wearing a goat costume to leave. When the fan asks, "Can I talk to you?" the officer puts one arm around the back of his neck and walks him away, prompting the fan to yell, "Stop it!" and try to pry away the officer's arm.

Someone appears to grab the phone being used to record the incident, yelling, "Put the phone down!" The video then cuts to another angle, which shows the officer picking up the fan and then body-slaming him to the ground before sitting on his back and cuffing him. The officer then pulls him to his feet and walks him away.

A police spokeswoman, Sonya Toler, declined to offer further details, including the

name of the officer and whether the fan involved was arrested.

"This was just brought to our attention," she said. "We must investigate before anything is determined."

The website Sports Mockery posted a message it said was from the costumed fan, named Dmitri, who claimed the incident occurred after he was ushered away from his seat following a verbal confrontation with a Pittsburgh fan. REUTERS



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## Did Taylor Swift kick Calvin Harris to the curb?

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Of course you would assume that any Taylor Swift breakup rumor were true. It's Taylor Swift we're talking about, after all. Radar Online has it on good authority that she called off her six-month relationship with Scottish DJ Calvin Harris because he patronized a Thai massage parlor last month. For two hours. Even though he has a masseuse on staff. The incident report-

edly started Swift down a paranoid girlfriend spiral that culminated in her dumping Harris last week. "He lied to her. He gave some bulls— excuse that his masseuse was sick and he needed his shoulder worked on," a source says.

But! Get this: Swift's rep took to Twitter to deny the story, stating simply, "I've said it before and I'll say it again: Do not believe Radar

Online." And even Swift herself struck back, tweeting — in response to a tweet by Harris she favored — "Love isn't dead. I can sleep tonight." Which isn't exactly a denial, but still.

It's kind of too bad if it's not true, because how awesome would it be if her next big breakup-inspired album was called "No Happy Endings"?

## Selena Gomez's last words on Justin Bieber

the word

NED EHRBAR  
ned.ehrbar@metro.us



Selena Gomez is just about done with her press blitz to publicize her new album, which means she's also just about done having to give introspective

and revealing interviews. But what could one more hurt? Gomez opens up to Refinery 29 about her relationship with Justin Bieber and the media glare around it. "I think people really wanted to

see me fail. I'd sit down in an interview and get the most harshly asked questions. Of course I got my heart broken. Of course I was pissed about it. There, everybody has it. I was so disappointed, because I never wanted my career to be a tabloid story," she says. "At this point, there is no anger. There's closure in a very good, healthy way. We've seen each other. I'm always encouraging and I am proud of his journey. I think people are making it out to be something that is more tragic than it really was. We grew up together. We both made mistakes. That's it." So, we all good now?



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## Harry Styles' naked Segway ride

While everyone's been talking about Justin Bieber's privates — including his dad, which is just icky — news of another young pop singer's clothing-optional exploits might have slipped through the cracks. But fear not, I'm hear to fill you in. According to the boys in 5 Seconds of Summer, touring with One Direction — and particularly Harry Styles — can be more than a little revealing. 5SOS band member Ashton Irwin tells Alan Carr during an interview that backstage at one tour stop, Styles stunned the band by zipping around completely naked on a Segway. "It was just once. I saw full-on ball-sack," Irwin says, before bandmate Michael Clifford adds, "The worst part was that Luke [Hemming]'s mom was standing right there, and he comes in on the Segway just butt naked, sees Luke's mom and turns around." That sounds like a pretty hilarious visual, except for one aspect Irwin forgot to add: "It was, like, his first time on a Segway, too, so it was kind of awkward turning around and trying to hide things at the same time." Maybe get some more practice first before going full streaker, Harry?



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These girls on IG are so funny tagging me with their RETOUCED "#nofilter" pics.



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BRIEF



GETTY IMAGES

## Can you guess the 10 music videos to get over 1 billion views on YouTube?



EMILY LAURENCE  
@EmLaurence  
emily.laurence@metro.us

Need further proof that YouTube is taking over? The media giant, owned by Google, revealed data showing that billion-plus video views are happening more often and faster than ever. Last year, only two videos had ever reached the billion-views mark. In 2015, there have been eight — and it's

happening in a shorter time span.

Last week, Wiz Khalifa's "See You Again" video became the 10th video to get more than a billion views, and it happened in just 184 days, making it the second-fastest video to hit the mark. (The fastest over all was "Gangnam Style.")

Curious as to which videos racked up the most views? See the full list below:

1. "Gangnam Style" - PSY (2,427,788,677 views)
2. "Baby" - Justin Bieber ft. Ludacris (1,220,706,914 views)
3. "Blank Space" - Taylor Swift (1,192,422,704 views)
4. "Dark Horse" - Katy Perry ft. Juicy J (1,124,523,164 views)
5. "Roar" - Katy Perry (1,087,944,685 views)
6. "Shake It Off" - Taylor Swift (1,077,266,652 views)
7. "Bailando" - Enrique Iglesias (1,074,288,890 views)
8. "Uptown Funk" - Mark Ronson ft. Bruno Mars (1,051,034,754 views)
9. "All About That Bass" - Meghan Trainor (1,050,059,320 views)
10. "See You Again" - Wiz Khalifa ft. Charlie Puth (1,008,803,261 views)



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# Taissa Farmiga scares very easily



Taissa Farmiga, center, plays one of a group of teens who find themselves transported into a slasher movie in "The Final Girls," now on VOD. **SONY**

The "American Horror Story" actress gets to play the serious side of the funny "The Final Girls."



**MATT PRIGGE**  
@mattprigge  
matt.prigge@metro.us

In "The Final Girls," Taissa Farmiga plays Max, a teen grieving for her dead mom, played by Malin Akerman. In truth, Malin is younger than Vera Farmiga, the "American Horror Story"

regular's older sister and another actress who goes between drama and horror. Still, that factoid isn't as odd as the film itself: a comedic horror in which four young people find themselves sucked into a cheesy '80s slasher movie, a la "The Purple Rose of Cairo." And since the film-within-the-film starred Malin's character, that means Max, in a grim twist, gets to effectively once again spend time with her dead mother.

**I heard you're not much of a horror fan. What is it about them that you don't jibe with?**

They just scare me. I get scared very easily, even on set. You'll see crew members pat me on the shoulder, and I freak out. It's actually a joke on set. I was talking to my sister the other night, because she's doing "The Conjuring 2." And another friend of mine was talking about a horror script he's working on. It wasn't even an in-depth conversation; he just mentioned exorcisms. I woke up in the middle of the night, and I couldn't sleep. My brain was just running, and it was just a simple conversation. I have to overcome it somehow.

**All this being said, "The Final Girls" isn't a straight-up horror movie. It's a comedy, while your character's arc could be airlifted into a more**

**"serious" film and still be trenchant.**

That's what I love about "The Final Girls." Yes, it has scary moments, and it can be called a horror movie. But it's also funny. It's also got a lot of heart to it. It was interesting to hear Todd [Strauss-

Schulson], the director, speaking about it. He said it's a mother-daughter story that deals with grief, but cloaked in a horror movie. When it comes down to it, it's just dealing with real situations and the real emotions we all feel.

## Sisterly love

**Malin Akerman, who plays your mom, is in fact younger than your older sister, Vera, and you've even played Vera's daughter in "At Middleton." That seems like a relationship that's both unusual and normal.**

I come from a big family so I've grown up with adults. But I have a great relationship with Vera. There's an age gap, but as I've gotten older and entered the same field as her, that just means she has someone to talk to now — someone who understands when she says, "I was on set for 15 hours." She has a new person to go to. And she's always there for me. It's just a bunch of support from both ends. She opened

me up to this world I had no idea I wanted to be in. She helped me find that. It's just a love fest; we all love each other.

**And I'm sure she helps you with obstacles she has encountered.**

Whenever I'm frustrated, I know she understands, and she can talk through things. My first movie, called "Higher Ground," she directed me in. I was nervous acting for my sister. It's not that I didn't want to disappoint her — I mean, I didn't. There are just so many expectations apart from her being a terrific actress.



GETTY IMAGES

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**Taurus** Younger family members or acquaintances will cause distress. Contain your temper. Reiterate the rules to get your household back on track.



**Gemini** Don't limit yourself to the old familiar routine. Spice up your life by taking part in recreational or educational activities.



**Cancer** You will be pleasantly surprised by an unexpected change. Being inflexible or rash will limit your options. Let matters unfold naturally.



**Leo** A big break is heading your way. Let everyone know what you have to offer. Your approach will put you in the running for an opportunity.



**Virgo** You won't make any progress if you wait for others to help you. Do everything yourself so you can take full credit for what you achieve.



**Libra** This is an ideal time for a short getaway or vacation. You may feel restricted by your circumstances, and a chance to take a break is needed.



**Scorpio** Don't allow anxiety to stop you from making the most of your skills. Your confidence will get a boost when you receive a positive response.



**Sagittarius** A chance encounter with an old friend will give you valuable insight into your financial future. Listen and learn.



**Capricorn** Someone will try to take advantage of your sympathetic nature. Offer advice, not money, when you are approached for a handout.



**Aquarius** It's time to free yourself of associates who are making you look bad. Constantly bailing out careless people will hurt you.



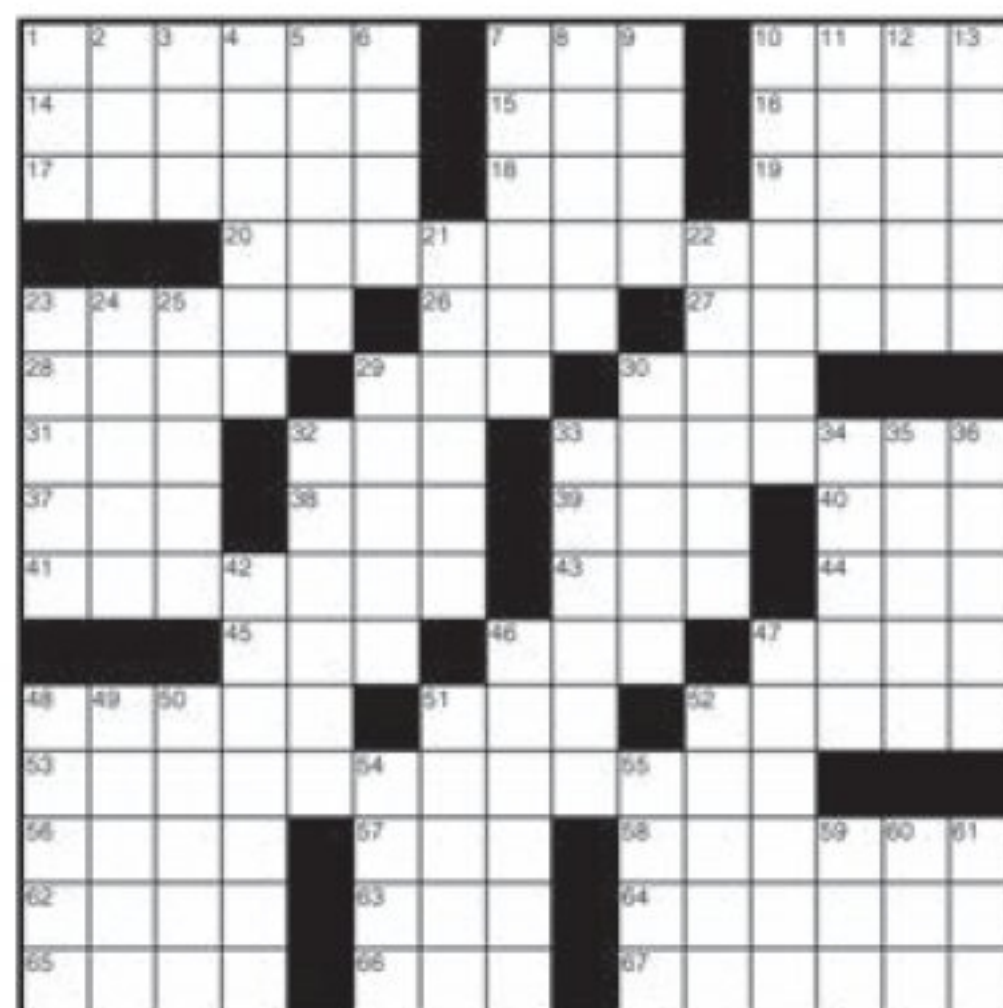
**Pisces** A rash decision will cause regrets. Make sure you fully understand what is expected of you before you make a commitment. **EUGENIA LAST**

### Across

- 1 Kind of tooth
- 7 Sort
- 10 Rocker — Jett
- 14 Black-and-yellow bird
- 15 — voyage!
- 16 Munitions
- 17 Interstellar cloud
- 18 Want-ad letters
- 19 Move toward
- 20 Type of boxer
- 23 Oater sound effects
- 26 911 responder
- 27 Hide away
- 28 Playing marbles
- 29 AMA members
- 30 PFC superior
- 31 Apply WD-40
- 32 Service charge
- 33 Queen's trucks
- 37 Tina Turner's ex
- 38 Katharine — Bates
- 39 Skater Midori —
- 40 Drops on the grass
- 41 Heavy sword
- 43 Vet office sound
- 44 — you serious?
- 45 Guitar, slangily
- 46 Pecs' partners
- 47 "Wool" on clay sheep
- 48 Rapidly
- 51 Geological period
- 52 Beau
- 53 Wedding party

### Down

- 1 Triumphed
- 2 Umbrage
- 3 Bro or sis
- 4 Considers unlikely
- 5 Mexican pots
- 6 Signify
- 7 Steel girders (hyph.)
- 8 Towers over
- 9 Was in the loop
- 10 Broom wielder
- 11 Rolex rival
- 12 Delhi nannies
- 13 Nanook's realm
- 21 Mobile homes?
- 22 Trust account
- 23 Impassive
- 24 Zen poem
- 25 Immature raptor



- 29 They come in for a landing
- 30 Some may be sour
- 32 Pale yellow
- 33 Flexible
- 34 Oregon neighbor
- 35 Unearthly

- 36 Say "I@#%\$"
- 42 Most frilly
- 46 Rock tumbler stones
- 47 Universe
- 48 It makes scents
- 49 — donna
- 50 Baseball's Hank —

- 51 Cliffside refuge
- 52 Correspond
- 54 Smooth-pated
- 55 Psyche's beloved
- 59 Big extinct bird
- 60 "Nightmare" street
- 61 Ruby or Sandra

For crossword answers, go to [metro.us/crossword-answers](http://metro.us/crossword-answers)



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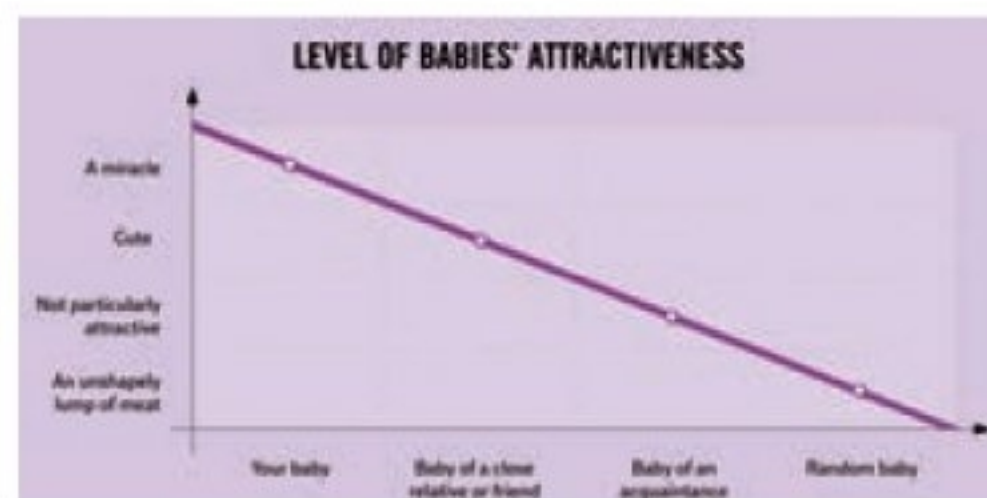
easy

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	3	4		2	5	7		
	2						5	
1			5		8			9
	7						6	
		6	9	5		2	4	
				1				
7	1		6		3	9		

hard

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	7			6				2
3			8			1		
		6		9				4
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	9						4	1

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# How to make the most of a fitness class subscription

wellbeing

MAKE HEALTHY YOUR NEW HAPPY

A professional trainer and a happy customer lend their tips on getting the most out of your fitness class subscription.



EMILY LAURENCE  
@EmLaurence  
emily.laurence@metro.us

There are hundreds of gyms and boutique studios in the city, and class subscription services like ClassPass and FitReserve are capitalizing on giving fitness buffs the chance to sample them all. These services will definitely save money over signing up for individual classes, but they still aren't cheap, especially if you don't want to let go of your gym membership. So, how can you really get your money's worth? We talked to a personal trainer and one satisfied customer to get their insider tips.

too much for your body.

## 2 Tailor it to your schedule.

Life's Better In Yoga Pants blogger Lynette Pettinicchi is a member of FitReserve and says the very act of signing up for a class keeps her committed to working out. "I miss more [workouts] I do on my own than I do with FitReserve classes," she says.

But making it fit into your schedule is key. Her best tip: "For week-day morning classes, I look for studios with showers so I can head right to work after and don't have to go all the way home to get ready," she says. "Then, on the weekends, I sign up for classes near my apartment in Astoria." Make things easy on yourself, and you're more likely to stick with it and not cancel at the last minute.

## 3 Vary the intensity level.

With so many classes to choose from, figuring out the best way to alternate them can be confusing. Should you do cardio one day, weights the next? What about yoga?

Saladino has the formula that will work best for your body: "Vary it by intensity level," he says. "Start with low intensity, the next workout do medium, the next workout go high, then medium again, working your way down." Break down the type of workouts you like to do, such as Pilates, aerobics or a weight-based class, into those categories and make your class schedule accordingly.

## 4 Keep your goal in mind.

While you're experimenting with different

## How they compare

### ClassPass

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### FitReserve

Price: Just launched in Boston, and the first 300 subscribers get 30% off the first 3 months with code BOSFIT30; regular rates are \$69 for 5 classes a month, \$119 for 10 classes, and \$185 for 20 classes  
Catch: Missing a class will cost you \$20.  
Cancellation policy: Varies by studio; \$15 fee

classes and switching up the intensity level, Saladino says it's important to keep your fitness goal in mind so you're really getting what you want out of your subscription. "If your goal is to tone your abs, sign up for all the different type of classes you want, but three days a week should be classes focusing on resistance training," he says. "That's really going to be what transforms your body."

## 5 Do it with a friend.

While Pettinicchi, who lives in New York, says she goes to most of her FitReserve classes alone since she and her friends all have crazy schedules, there's one class they love to do together: boxing. "I love to go to Overthrow in NoHo with my friends," she says. "It's a grungy, underground boxing studio and just a ton of fun." When your workout is also a time to catch up with your friends, you're more likely to stay committed — and also to look forward to it.

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Finally, Colts week is here

Serious question. Has a state of emergency been declared in Indiana yet?

If not, what's taking so long? With the Patriots set to invade Indianapolis this weekend, it would be smart for the city to get out ahead of what is sure to become a disaster zone.

As we're all aware, it was the Colts who had a problem with the PSI levels in the Patriots' footballs during last year's AFC championship game, in which the Colts were dismantled. They made a stink to the league, the league kept it under wraps in hopes of catching the Patriots, and Deflategate was born.

Since then, the Patriots have looked like the most complete team on their way to a 4-0 record. Brady's not making his season debut in Indianapolis after all, but instead leading an offense that's never looked better in New England.

In fact, the team's 149 points through four games is a franchise record, beating out the 2007 team by one point – and we all know how dominant that 2007 team was.

As much as Pats fans would love to see Brady throw for 500 yards and five touchdowns (and really, it's not out of the realm of possibilities), the Patriots know they can run it down the Colts' throats, too. Former Patriots running back Jonas Gray ran for 201 yards and four touchdowns against the Colts during last year's regular season. LeGarrette Blount ran for 148 yards and three touchdowns against them during last year's AFC championship game.

JAMES TOSCANO

# Brady-taunting blimp may fly over Lucas Oil Stadium Sunday

Colts fans raised money to put “#DeflateThis-Brady” on a blimp.

MATT BURKE  
@Burke\_Metro  
sports@metro.us

As if the Indianapolis Colts and their fans haven't pissed off Tom Brady enough in the past nine months, a group of Indy fans will attempt to fly a blimp over Lucas Oil Stadium this Sunday night during the nationally televised Colts-Patriots game that reads, “#DeflateThisBrady.”

Brady's Patriots were playing the Colts in the AFC championship game last January when the “Deflategate” controversy began. Colts GM Ryan Grigson is said to have contacted NFL VP of Game Operations Mike Kensil during the AFC title game, alleging underinflated balls.

Colts fans went to the advertising company AirSign and will rent the “Thermal Airship” (said to be an “environmentally friendly” alternative to a helium blimp) to fly over

the game.

If it goes down, it will not be the first time in 2015 the Patriots will get hit with taunts from the air. At the beginning of training camp, Jets fans flew a plane over Pats practice that had a sign attached that read, “Cheaters Look Up!”

Indy fans raised money through a Go Fund Me web page in order to fly the blimp, but they have since been met with resistance by the Colts organization. According to RIV6 in Indy, the Colts “want to move past the Deflategate discussion” and do not want the blimp to be flown, but they “appreciated the idea and their loyal fans who donated.”

It remains to be seen if the plan will come to fruition for Colts fans.



The Lucas Oil Stadium crowd will be on the lookout for a blimp Sunday night in Indy. GETTY IMAGES

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(SEAL)

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Witness, JUDITH C. CUTLER Chief Justice of this Court on September 23, 2015

Attest:

October 13, 2015

Deborah J. Patterson  
Recorder

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NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 10/28/2015 at PS ORANGE CO, INC., 2030 Main St. Brockton, MA 02301. The personal goods stored therein by the below named occupant (s):

Unit A004	Marie O'Neill	Boxes, Bags, Totes
Unit A009	Linda Edwards Johnson	Boxes, Bags, Totes
Unit A013	James Bertram	Boxes, Bags, Totes
Unit A015	Annie Williams	Boxes, Bags, Totes
Unit A032	Trudy Pantaleon	Boxes, Bags, Totes
Unit B041	Symone Gamble	Boxes, Bags, Totes
Unit B048	Jerry Paulino	Boxes, Bags, Totes
Unit B050	Sheena Pires	Boxes, Bags, Totes
Unit B052	Tamika Wilson	Boxes, Bags, Totes
Unit C084	Louis Lagarde	Boxes, Bags, Totes
Unit C119	Nathalie Vilsaint	Boxes, Bags, Totes
Unit C124	Chris Conti	Boxes, Bags, Totes
Unit C133	Lori GARDNER	Boxes, Bags, Totes
Unit C134	KELVIN REID	Boxes, Bags, Totes
Unit C167	Marrk Harris	Boxes, Bags, Totes
Unit C174	Brandon Andrews	Boxes, Bags, Totes
Unit C185	Tatiana Ramos	Boxes, Bags, Totes
Unit C190	Lisa Mendes	Boxes, Bags, Totes
Unit C212	Essa Kayd	Boxes, Bags, Totes
Unit C215	Jennifer Flanagan	Boxes, Bags, Totes
Unit D230	Alice Semedo	Boxes, Bags, Totes
Unit D236	Allen Murphy	Boxes, Bags, Totes
Unit D239	Emmanuel Molin	Boxes, Bags, Totes
Unit D247	Pedro Monteiro	Boxes, Bags, Totes
Unit D253	Michael Bergeron	Boxes, Bags, Totes
Unit D293	wendy Dejesus	Boxes, Bags, Totes
Unit D296	Kaeleigh Digon	Boxes, Bags, Totes
Unit D309	James Miller	Boxes, Bags, Totes
Unit D322	Jason Jarvio	Boxes, Bags, Totes
Unit D324	Shirelle Carrigan	Boxes, Bags, Totes
Unit D333	Raymond Albury	Boxes, Bags, Totes
Unit D335	Patricia Flanagan	Boxes, Bags, Totes
Unit D337	Josh Oliver	Boxes, Bags, Totes
Unit D338	Louis Lagarde	Boxes, Bags, Totes
Unit D344	Catherine Pearce	Boxes, Bags, Totes
Unit E348	Tramont Mcneil	Boxes, Bags, Totes
Unit E360	James Murad	Boxes, Bags, Totes
Unit E365	Laurie Rogers	Boxes, Bags, Totes
Unit E378	Trashawn Campbell	Boxes, Bags, Totes
Unit E391	Christina Phaneuf	Boxes, Bags, Totes
Unit E392	Christian Rivera	Boxes, Bags, Totes
Unit E394	James Hilton	Boxes, Bags, Totes
Unit E414	Lucy Merriman	Boxes, Bags, Totes

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGE CO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice. Kerrilyn Ross, agent for owners. Notice posted October 13th and October 20th 2015.

PS ORANGE CO, INC.  
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 10/28/2015 at PS ORANGE CO, INC., 805 North Street, Randolph, MA 02368. The personal goods stored therein by the below named occupant (s):

Unit 022	Kevin Bowker	Boxes, Bags, Totes
Unit 032	Aaron Nevers	Boxes, Bags, Totes
Unit 041	Noel Nurse	Boxes, Bags, Totes
Unit 042	Yaniry Espino	Boxes, Bags, Totes
Unit 044	Paul Bissereith	Boxes, Bags, Totes
Unit 046	Galen McDavid	Boxes, Bags, Totes
Unit 078	Aurora Rimel	Boxes, Bags, Totes
Unit 082	Leo Mcsorley	Boxes, Bags, Totes
Unit 084	Tracey Andre	Boxes, Bags, Totes
Unit 093	John Dunham	Boxes, Bags, Totes
Unit 109	Kyla Tavares	Boxes, Bags, Totes
Unit 165	Jean Claunel	Boxes, Bags, Totes
Unit 180	Volac Ok	Boxes, Bags, Totes
Unit 185A	Corey Stallings	Boxes, Bags, Totes
Unit 219	Jennifer Averett	Boxes, Bags, Totes
Unit 228	Shelton Baskerville	Boxes, Bags, Totes
Unit 284	John Fitzpatrick	Boxes, Bags, Totes
Unit 410	Stephanie Fox	Boxes, Bags, Totes
Unit 421	Rameika Boyd	Boxes, Bags, Totes
Unit 461	Byron Eaton	Boxes, Bags, Totes
Unit 464	Michelle Osodo	Boxes, Bags, Totes
Unit 469	Leotta Gilmore	Boxes, Bags, Totes
Unit 470	Suen Appolon	Boxes, Bags, Totes
Unit 477	Stephanie Fox	Boxes, Bags, Totes
Unit 483	Yvonne Charles	Boxes, Bags, Totes
Unit 504	Cindi Scollins	Boxes, Bags, Totes
Unit 515	Melissa Montrond	Boxes, Bags, Totes
Unit 616	Hector Champagne	Boxes, Bags, Totes
Unit 623	Edith Pauls	Boxes, Bags, Totes
Unit 625	Maria Pagan	Boxes, Bags, Totes
Unit 629	Patrick Green	Boxes, Bags, Totes
Unit 648	Laurie Eisenhauer	Boxes, Bags, Totes
Unit 651	John Fitzpatrick	Boxes, Bags, Totes
Unit 735	Lori Croxen	Boxes, Bags, Totes
Unit 760	William Butts	Boxes, Bags, Totes

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PS ORANGE CO, INC.  
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 10/28/2015 at PS ORANGE CO, INC., 1470 Main St. Weymouth, MA 02190. The personal goods stored therein by the below named occupant (s):

Unit A1021	Rebecca Hurley	Boxes, Bags, Totes
Unit A1024	Kathleen Gaddis	Boxes, Bags, Totes
Unit A1068	Brian O'Meara	Boxes, Bags, Totes
Unit A1101	Mike Shawn	Boxes, Bags, Totes
Unit A1107	Martha Nalband	Boxes, Bags, Totes
Unit A1145	Jennifer Bohn	Boxes, Bags, Totes
Unit A2025	Patti Turner	Boxes, Bags, Totes
Unit A2033	Shawn Baker	Boxes, Bags, Totes
Unit A2035	Robert Spencer	Boxes, Bags, Totes
Unit A2081	David Parker	Boxes, Bags, Totes
Unit A2159	Gordon Austin	Boxes, Bags, Totes
Unit A2164	Brenda James	Boxes, Bags, Totes
Unit A2194	Cornelius Davis	Boxes, Bags, Totes
Unit A3057	Louise Campanale	Boxes, Bags, Totes
Unit A3058	Omar Veliz	Boxes, Bags, Totes
Unit A3065	Chiquana Anukem	Boxes, Bags, Totes
Unit A3067	Sandi McNiff	Boxes, Bags, Totes
Unit A3135	Nancy Belben	Boxes, Bags, Totes
Unit A3141	Sherri Duggan	Boxes, Bags, Totes
Unit A3176	Merry Hou	Boxes, Bags, Totes
Unit A3187	Ruben Sylvester	Boxes, Bags, Totes
Unit A3222	Chad Jenkins	Boxes, Bags, Totes
Unit B023	Sharon Nobles	Boxes, Bags, Totes
Unit C009	Jared Swanson	Boxes, Bags, Totes
Unit D001	Raj Chabria	Boxes, Bags, Totes

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## COMMONWEALTH OF MASSACHUSETTS

(SEAL)

## LAND COURT

## DEPARTMENT OF THE TRIAL COURT

15 SM 008108

## ORDER OF NOTICE

TO: Richard M. Lane and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 501 *et seq.*: East Boston Savings Bank, successor by merger to Mt. Washington Cooperative Bank claiming to have an interest in a Mortgage covering real property in South Boston, numbered 6 Bantry Way, given by Richard M. Lane to Mt. Washington Cooperative Bank, dated March 23, 2007, and recorded in Suffolk County Registry of Deeds in Book 41524, Page 281, and now held by Plaintiff as successor by merger, has filed with this court a complaint for determination of Defendant's Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before November 9, 2015 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER  
Chief Justice of this Court on September 22, 2015,

A TRUE COPY  
Attest:

*Deborah J. Patterson*  
Deborah J. Patterson  
Recorder

10/13/2015

## SERVICES

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CABLE BILL!

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## TOOTH WHITENING STUDY

Individuals 18-55 years old are asked to join a 2-month study testing a new home bleaching (for tooth whitening) and gum health product.

- People with existing gum redness and bleeding and/or gum disease will be asked to come for a screening visit where a routine oral exam will be done
- Qualified participants will be given instructions for home care, a marketed toothpaste and toothbrush including study products
- Total of 7 visits (including a screening visit) with tooth color and gum assessments will be done
- Routine dental and gum exams will be included
- Participants will receive \$350 at the end of the study

Call or Email: **617.892.8600**  
clinicaltrialsinfo@forsyth.org



# INSPIRED BY THE PETS WE LOVE

## THE WELLNESS® TRUFOOD® WAGON IS VISITING BOSTON

We're celebrating the vibrant goodness of new Wellness TruFood recipes for dogs and cats with free samples and prizes. Bring your dog and learn more about the vital nutrients we put in our TruFood recipes.

### Join the fun:

PetSmart

Wednesday, October 14th | 1:00pm - 7:00pm  
250 Grossman Dr. - Braintree, MA

Wellness TruFood Wagon on the Greenway

Thursday, October 15th | 11:00am - 3:00pm  
Rose Kennedy Greenway  
Rings Fountain on Atlantic Ave.  
between Milk & State St. - Boston, MA

Peters Park Dog Park

Friday, October 16th | 12:00pm - 6:00pm  
1178 Washington Street - Boston, MA

Head of the Charles

Saturday, October 17th | 8:30am - 4:30pm  
Sunday, October 18th | 8:30am - 4:30pm  
Weld Exhibition - Boston, MA



Visit [wellnesstrufood.com/wagon](http://wellnesstrufood.com/wagon) for the complete tour schedule and share a moment with your pet with #TRULOVEIS.

